EZON T057A11

EZON Running Digital Watch Heart Rate Monitor User Manual

Model: T057A11

Introduction

The EZON T057A11 Running Digital Watch with Heart Rate Monitor is designed to assist users in tracking their fitness activities. This device combines a digital watch with a chest strap heart rate monitor, providing real-time heart rate data, calorie burn estimates, and various timekeeping functions.
Key features include:

- Bluetooth Heart Rate Monitoring with Chest Belt.
- Heart Rate Out of Zone Warning with adjustable limits.
- Calorie Burn Estimation based on continuous heart rate.
- Long Battery Life using a standard coin cell battery, eliminating the need for frequent recharging.
- Water Resistance up to 5ATM for the watch and 10M for the heart rate belt.
- Additional functions such as Chronograph, Alarm, Hourly Chime, and 50 Years Calendar.



Figure 1: EZON T057A11 Running Digital Watch and accompanying Chest Strap Heart Rate Monitor.



Figure 2: Overview of the EZON T057A11 watch features, including Hourly Chime, Heart Rate Monitor, Chronograph, Water Resistance, Alarm, and 50 Years Calendar.

Setup

1. Attaching the Transmitter Belt

The heart rate monitor consists of a transmitter and an elastic strap. Follow these steps to prepare the chest strap for use:

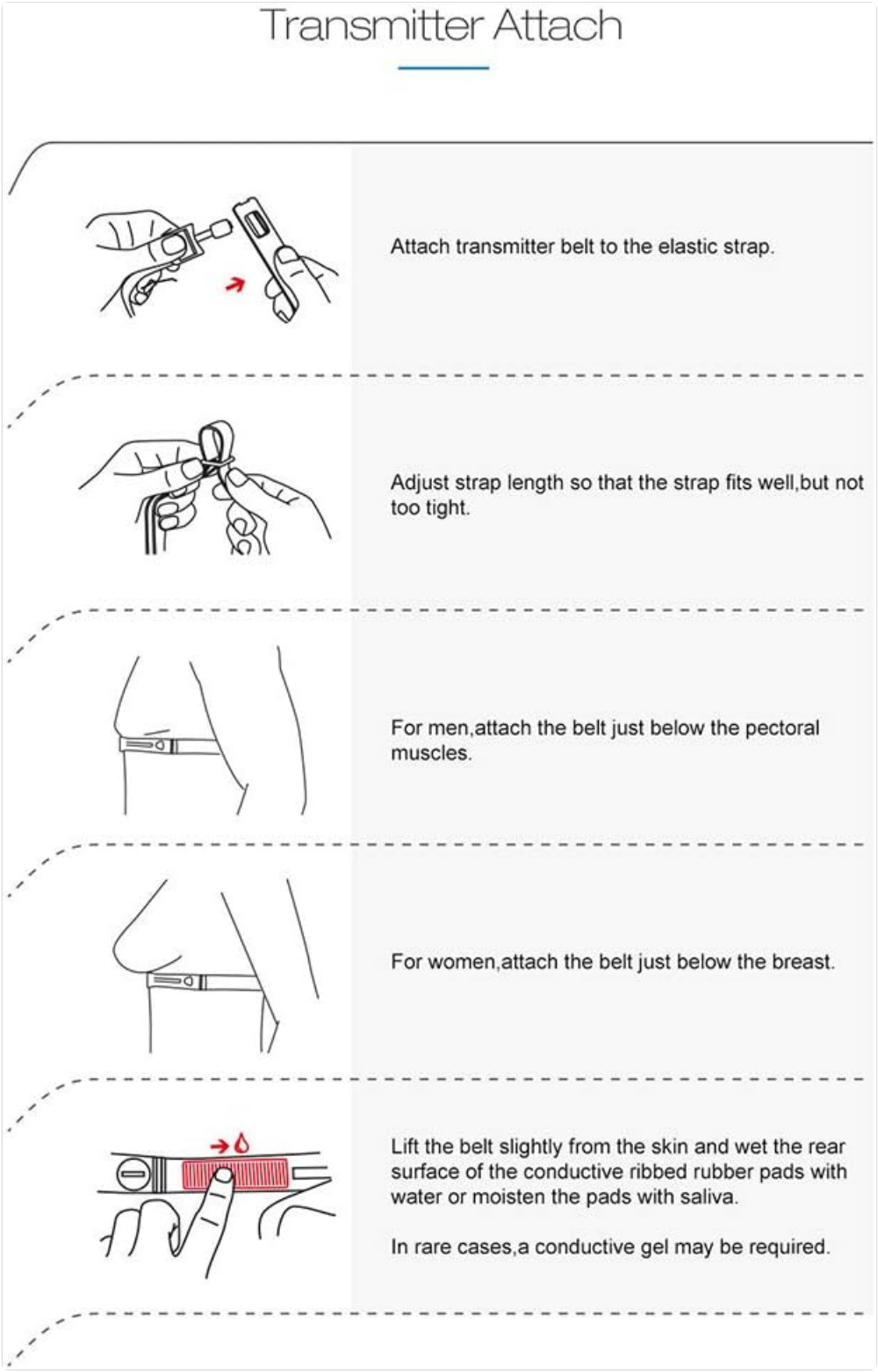


Figure 3: Step-by-step guide for attaching the transmitter to the elastic strap and proper placement on the body.

1. **Attach Transmitter:** Securely attach the transmitter module to the elastic strap.
2. **Adjust Strap Length:** Adjust the length of the strap to ensure a snug but comfortable fit around your chest. It should not be too tight.
3. **Positioning for Men:** For men, position the belt just below the pectoral muscles.
4. **Positioning for Women:** For women, position the belt just below the breast.
5. **Moisten Electrodes:** Slightly lift the belt from your skin and wet the rear surface of the conductive ribbed pads with water or moisten them with saliva. In rare cases, a conductive gel may be required for optimal contact.

2. Initial Watch Setup (Time, Date, Personal Data)

Before first use, it is recommended to set the correct time, date, and input personal data such as age, weight, and height.

This information is crucial for accurate calorie burn and heart rate zone calculations. Refer to the watch's on-screen prompts or specific button functions (e.g., 'MODE' button) to navigate through settings menus.

Operating Instructions

1. Heart Rate Monitoring

Once the chest strap is properly worn and moistened, the watch will automatically detect and display your heart rate. Ensure Bluetooth is enabled on the watch if required for pairing.

- **Real-time Display:** Your current heart rate (BPM) will be shown on the watch display.
- **Heart Rate Zones:** The watch can display your heart rate relative to predefined zones. Understanding these zones can help optimize your workout intensity.
- **Heart Rate Out of Zone Warning:** You can set a lower and upper heart rate limit. If your heart rate falls outside this set range, the watch will emit an audible beep to alert you. This feature can be toggled On/Off in the settings.

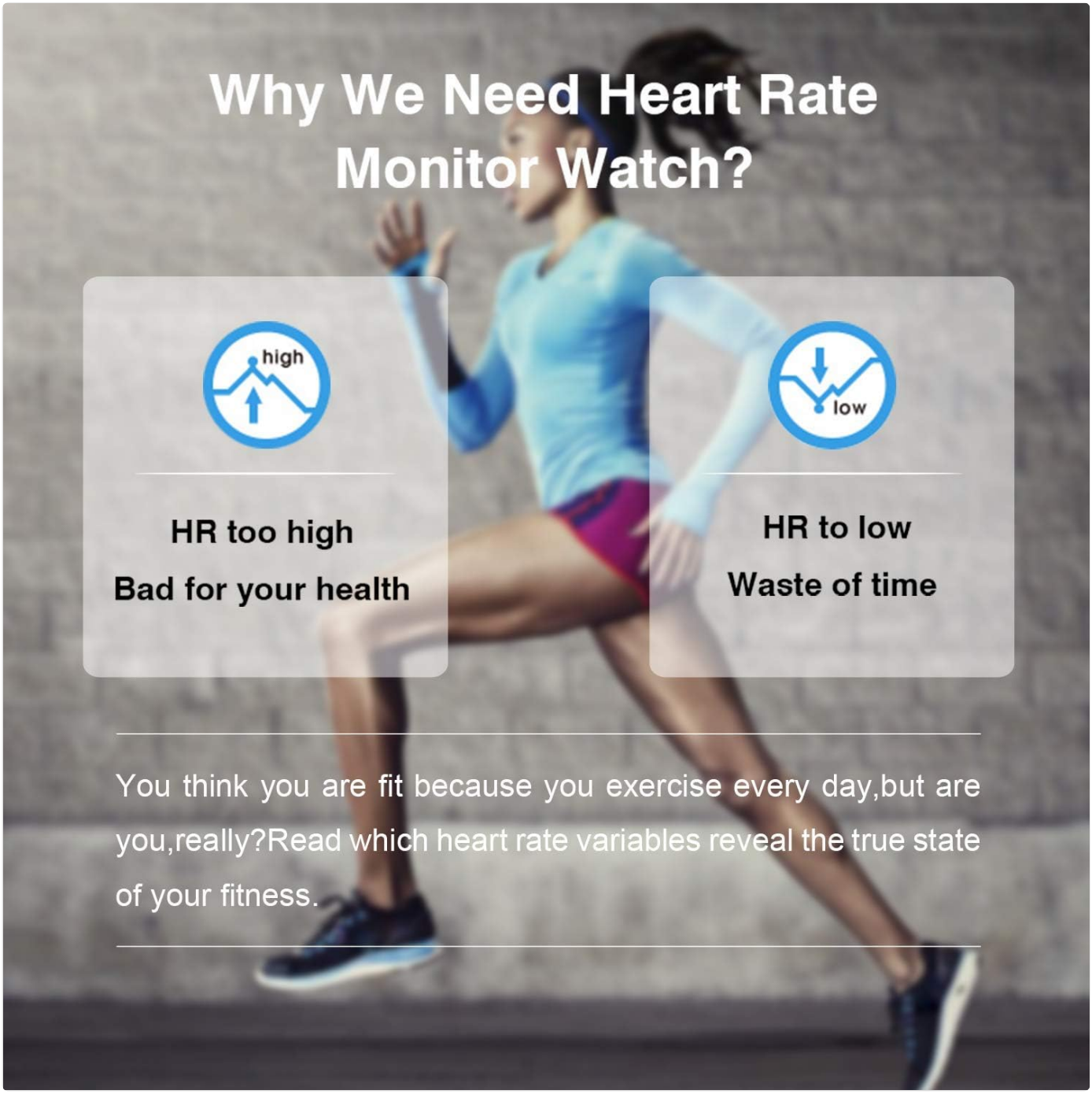


Figure 4: The watch displaying heart rate data, indicating the chest strap is connected and providing real-time heart rate information.

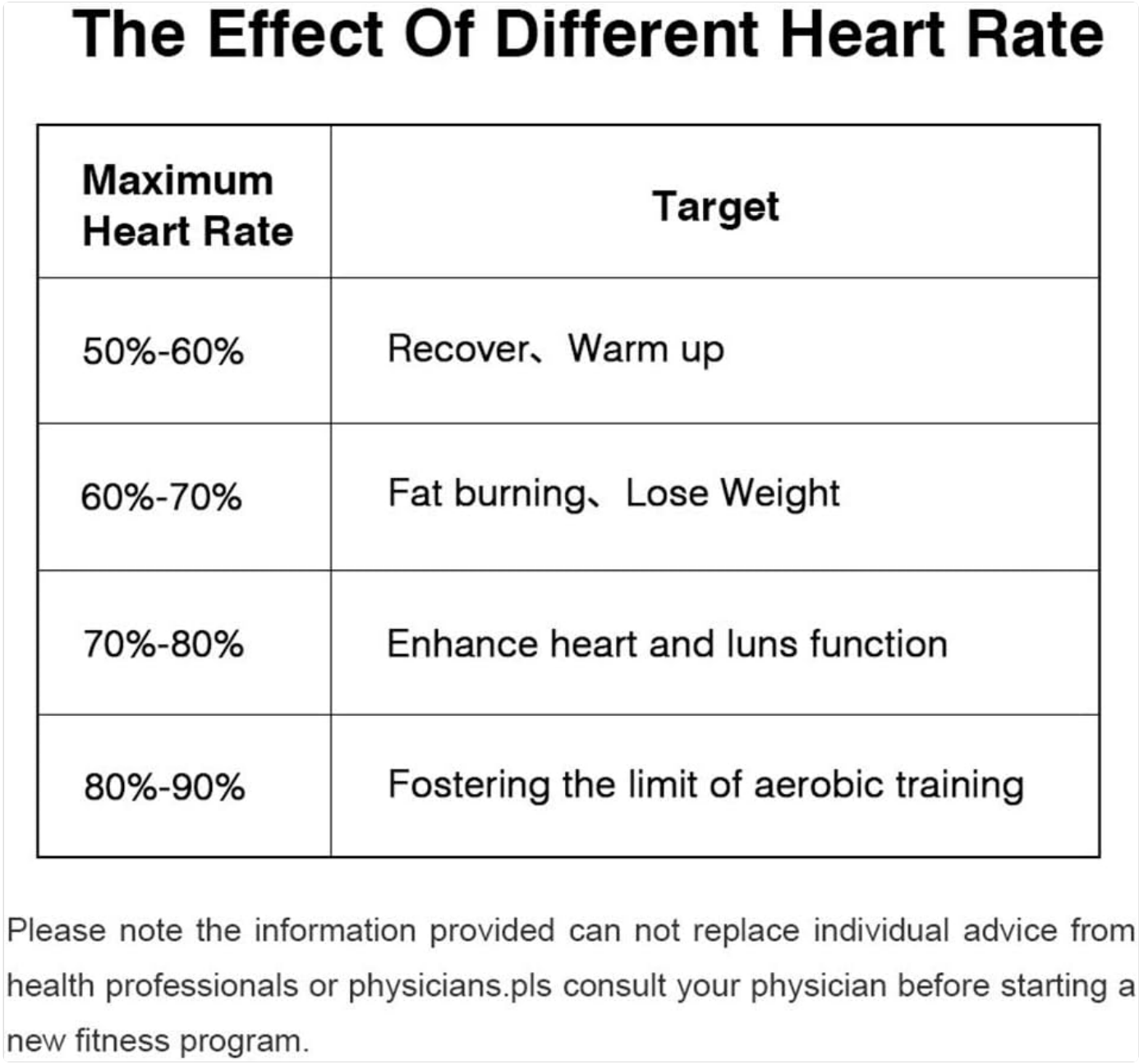


Figure 5: Guide to heart rate zones and their associated exercise benefits, such as recovery, fat burning, and enhancing heart function.

2. Calorie Counter

The watch estimates calories burned during your exercise routine by continuously tracking your heart rate. For accurate results, ensure your personal data (age, weight, height) is correctly entered in the watch settings.

3. Chronograph (Stopwatch)

The built-in chronograph function allows you to measure elapsed time. Typically, this is accessed via a dedicated button (e.g., 'ST/STP' or 'MODE' button) and can be used for timing workouts or other activities.

4. Water Resistance

The watch has a water resistance rating of 5ATM, meaning it can withstand splashes, rain, and brief immersion in water, such as when washing hands. The heart rate belt has a water resistance of 10M. **Important: Do not press any buttons while the watch is submerged in water, as this can compromise its water resistance.**



Figure 6: The watch demonstrating its 5ATM water resistance, suitable for hand washing but not for button pressing underwater.

5. Backlight

The watch features a backlight for improved visibility in low-light conditions. The backlight typically activates for a short duration (e.g., 3 seconds) when the 'LIGHT' button is pressed.



Figure 7: The watch display illuminated by its backlight, showing clear visibility in dark environments.

Maintenance

1. Cleaning

- **Watch:** Wipe the watch case and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- **Chest Strap:** After each use, rinse the elastic strap and transmitter module with clean water to remove sweat and salt residue. Allow it to air dry completely before storage. Do not machine wash or tumble dry the strap.

2. Battery Replacement

The watch and chest strap use standard coin cell batteries (CR2032). When the display becomes dim or the heart rate monitor loses connection frequently, it may be time to replace the battery. Refer to the specific instructions provided with the product for battery compartment access and replacement. Ensure proper polarity when inserting new batteries.

3. Storage

Store the watch and chest strap in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, consider removing the batteries to prevent leakage.

Troubleshooting

Problem	Possible Cause	Solution
Heart rate monitor not working or erratic readings.	• Electrodes not sufficiently moistened. • Poor contact with skin. • Chest strap positioned incorrectly. • Battery in transmitter is low or depleted. • Interference from other electronic devices.	• Ensure electrodes are thoroughly moistened with water or conductive gel. • Adjust strap for a snug fit. • Verify correct positioning (below pectorals for men, below breast for women). • Replace the battery in the chest strap. • Move away from strong electromagnetic fields.
Watch display is dim or blank.	• Watch battery is low or depleted.	• Replace the watch battery (CR2032).
Watch not responding to button presses.	• Watch may be in a locked mode. • Battery is critically low. • Internal malfunction.	• Check the manual for unlock procedures. • Replace the watch battery. • If issues persist, contact customer support.

Specifications

Feature	Detail
Brand	EZON
Model	T057A11
Color	Black
Mirror Material	Hardened glass
Watch Material	PC+GF
Strap Material	TPU
Heart Rate Belt Material	Rubber band
Battery Model	CR2032
Battery Capacity	220mAh
Standby Time	34 Months
Usage Time	20 Months

Feature	Detail
Backlight Time	3 seconds
Heart Rate Belt Water Resistance	10 M
Watch Water Resistance	5ATM
Watch Dimensions	48*13.3MM
Display Size	1.22 Inches
Package Dimensions	11 x 7 x 8 cm; 108 g

Warranty and Support

1. Warranty Information

EZON provides a one-year warranty service for this product. If your watch experiences any problems during the warranty period, you may contact the manufacturer or seller for repair or replacement with a new product.

2. Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please refer to the contact information provided with your purchase or visit the official EZON website for support resources.

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